

What do I Gain by Quitting?



Tobacco Use

**Smoking,
chewing,
and dipping
is
addicting!**

You

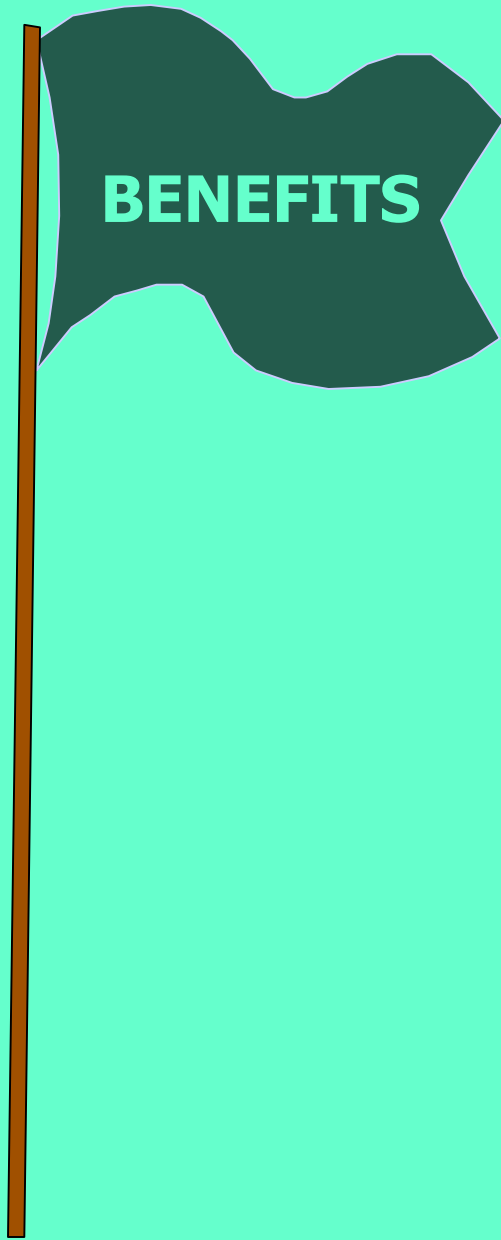
**can make the decision to
stop or quit**

The decision is yours!

Some Benefits of Quitting

- > Improved Health**
- > Better Taste**
- > Good Role Model**
- > Enhanced Self-Esteem**
- > Improved Stamina**
- > More Money!**

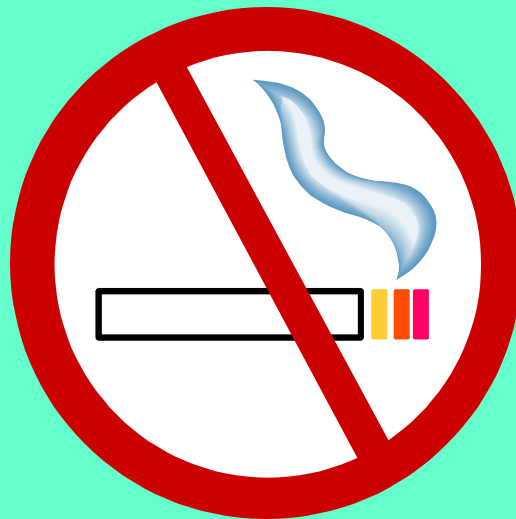




**What are your
benefits
of
quitting?**

Your decision to stop is a
BIG STEP
on the road to quitting!

**Remember the Number 1
thing you can do to improve
your HEALTH
is to stop using tobacco!**



Everyone encounters some roadblocks to quitting. Frequently named obstacles are:

- > Smoking helps me concentrate**
- > Chewing/smoking makes me feel good**
- > Tobacco relaxes me**
- > Smoking helps me cope**
- > I get a break when I smoke**

**What obstacles may you
encounter
on your road to stopping?**



How will you deal with and overcome these obstacles?



What do you gain by quitting?



Remember once you quit using tobacco --

- ✓ Your health begins to improve!**
- ✓ Your body begins healing immediately!**
- ✓ You add more time to your life!**
- ✓ You save money!**

**It is never
too late to
Quit!**

